

# The Best of "Times"

Available ONLINE at [www.burbankwire.com](http://www.burbankwire.com) and [www.burbankca.gov](http://www.burbankca.gov)

March/April 2015

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### Joslyn Adult Center

1301 West Olive Avenue  
Burbank, CA 91506

818.238.5353

Monday - Friday

8:00 am - 8:00 pm

Saturday

9:00 am - 4:00 pm

Sunday

10:00 am-4:00 pm

### Information Desk

818.238.5353

### Nutrition Office

818.238.5357

### RSVP Office

818.238.5370

### Transportation

818.238.5360

### McCambridge Park

1515 Glenoaks

818.238.5365

### Don Tuttle Senior Center

1731 North Ontario

818.238.5367



**How to Prepare  
and Look After  
Yourself in an. . .**

# EMERGENCY!

**Monday, April 20, 1:00 pm**



**Join us for this one-and-a-half hour,  
informative seminar.**

**Presented by Eric Baumgardner  
Emergency Management Coordinator  
of the Burbank Fire Department**

**Held at the Joslyn Adult Center**

**Please call 818.238.5353  
to reserve a seat**





# MARCH BIRTHDAYS



Carmen Alvarado	John Hyde	Marion L. Morrissey	David Standel
Ivor Baron	Solveig Jensen	Sharon O'Leary	Ken Truitner
Ronald Black	Morris Kagan	Linda Oseransky	Margie Uruski
Sona Boyd	Craig Larson	Judy Pike	Galina Vaisman
Shirley Burris	Cynthia Leva	Mary Powell	Peggy Walker
Cecilia Carr	Anneliese London	Jean Priver	Maureen Walsh
Leonita (Lee) Edwards	Ruben Lopez	Mary Ramsey	Karen Watko
Imre Foti	Donna Lowande	Barbara Regan	Lorraine White
Margarie Gibbs	Eleanor Mackey	Aida Renta	Richard White
Patricia Ha'o	Indu Malhotra	Helen Robinson	Bette Wildish
Maggie Hall	Fay Marshall	Leonie Robles	Seena Wolin
Josephine Hammond	Marjorie McKibbin	Barbara Ryan	Edna Zakarian
Eric Harrison	Deborah McReynolds	Yerani Sarkisian	
Jean Hladilek	Sharon Miller	Carol Scholl	



# APRIL BIRTHDAYS



William Anderson	Ferner Kellogg	Margaret Rose
Judith Andrews	John Ketchoyan	Sheila Simon
Ana Calamera	Nellie Khalatbary	William Smith
Marilyn Chulack	Carmen Lopez	Patricia N. Stein
Bertie Duffy	Terry Lupton	James Tyree
Anne Ellingwood	Mamam Najarian	Norma Wilkerson
Dorothy Ellis	Dennis Nelson	Harriet Winston
Sam Engel, Sr.	Marta Rosa Perez	Renee Zabel
Judith K. Feher	Priscilla Perez	
Annette Gradney	Mina Putman	
Marcia Hicks	Marvin Robbins	
Loretta Kalan	Richard Rogers	



## WELCOME NEW RSVP VOLUNTEERS!

James Baron	Robert Lipscomb	Barbara Powers
Maya Galutza	Blanca Martinez	Gloria Roberts
Robert Hutt	Pia Mihail	Susanna Sandke
Loretta Kalan	Heather Oldson	Paul Sangüesa
Robin Leslie	Maya Patel	Jan Sway



+ = Additional fee

## Community Events & Information

☒ = Sign Up Required  
818.238.5353



### 2015 Older Americans Volunteer Service Awards

Help us identify outstanding Burbank resident volunteers (60+) who make significant contributions to non-profit organizations. Recipients will be honored in May, "Older Americans Month." Nomination forms (with qualifications) are available at the **Joslyn Center Front Information Desk** or online at [Burbankjournal.com](http://Burbankjournal.com). The deadline for submission is **Wednesday, March 18, 2015**. Please call 818.238.5353 for more information.

**Burbank Senior Games** — Applications will be available in mid-March for our **21st annual Burbank Senior Games!** Events take place **May 11-16**. Pick up an application at Joslyn or Tuttle Center and sign up! Deadline is May 1 ☒ +

**Bridge/Card Party Luncheon**—Saturday, April 18, 10:00 am-3:00 pm: Burbank University Women's group is holding a special luncheon at the Joslyn Center featuring bridge and other games, prizes, and an opportunity drawing. Admission is \$25. If interested in attending, please call Nancy at 818.842.3060. ☒ +

**Burbank on Parade**—Saturday, April 25, 11:00 am: Join the celebration of Burbank the "City of the Future." The parade runs on Olive Avenue between Keystone and Lomita. **Note: Joslyn will be closed this day for spring cleaning.**

### Tax Preparation Services

This year, tax services will be available at the **Burbank Buena Vista Library**, 300 North Buena Vista Street Mondays, Wednesdays, and Thursdays and **Central Library**, 110 North Glenoaks Blvd. on Tuesdays. The minimum fee is \$25. Total fee will vary based on the type of return prepared. All proceeds go to the "Friends of the Burbank Public Library." To make an **appointment**, you must come to the **Buena Vista Library Book Store in person, Monday-Thursdays**. ☒ +

### Burbank Advisory Council on Disabilities:

**Thursday, March 26, 1:00-2:00 pm** (and every 4th Thursday) — Please join us to discuss ways we can support residents in making our city accessible for all citizens. Meeting is located in the Community Services Building, 150 North Third Street, room 104. For more information, call 818.238.5300.



### Daily News Successful Aging Expo

**Saturday, April 11, 9:00 am-2:00 pm:** This event is stocked with exhibitors offering screenings, services, and displaying products for older adults. Located at the **Sportsmans Lodge**, 12833 Ventura Blvd. For information, call 818-713-3341.

### April General Election Ballot Drop-off Centers

The **Joslyn and Tuttle Centers** will be used as ballot drop-off centers during the upcoming **City Municipal Election**. Drop-off times are **Saturday, April 11, 9:00 am-4:00 pm** and **Tuesday, April 14, 7:00 am-7:00 pm**. Please submit ballots to designated Drop-off Center workers only. Do not give ballots to Center staff or volunteers.

**Burbank Adult Burbank Adult School (BAS) Class at Joslyn: Just Paint**—Tuesdays, April 7-May 12, 5:45-7:45 pm: A comprehensive painting class covering everything from brush to canvas. Students create their own paintings and class projects. Six-week course is \$59. BSAC cardholders receive a \$5 discount off each class registration. For information or to sign up, please contact the **Burbank Adult School** at 818.558.4611. ☒ +



**Burbank Central Library Spring Book Sale**—April 27-May 2: Gently used books at reasonable prices. Located at 110 No. Glenoaks. Sponsored by the Friends of the Burbank Public Library.

+ = Additional fee

# Joslyn Special Events & Program

☒ = Sign Up/RSVP  
Required

## Welcome to the Joslyn Adult Center

### JOSLYN CENTER HOURS

**MONDAY-FRIDAY, 8:00 AM-8:00 PM**

**SATURDAY 9:00 AM-4:00 PM**

**SUNDAY, 10:00 AM-4:00 PM**

**818.238.5353**

### Travel/Recreation Office

**Open Monday-Friday**

**9:00-11:00 am & 12:00-2:00 pm,**

Programs for those 55 and over. For information about ongoing weekly and monthly activities, please see the respective flyers available at the **Joslyn Information Desk** or **Tuttle Center**. You may also access information online at "[www.burbankwire.com](http://www.burbankwire.com)" ("Seniors 55+" section).

## Fitness

**Oasis Walkers—Mondays, 9:30 am:** Come walk and talk outside around the Joslyn Oasis. Walk a mile (thirty one times around). \$2 per session (free with BSAC).

**New Tai Chi Classes—Instructor Roy Lopez** offers the following classes at Joslyn:

- Tai Chi—Intermediate ... Mondays at 1:00 pm +
- Tai Chi—Beginner ..... Mondays at 2:00 pm +
- Tai Chi—Fan.....Mondays at 3:00 pm
- Tai Chi—Long Form ..... Monday at 3:30 pm +
- Tai Chi—Outdoors ..... Fridays at 9:30 am +
- Tai Chi—Beginner..... Fridays at 3:30 pm +

+ Class fee is \$5 per session (\$3 with BSAC).

**Zumba Gold—Saturdays, 1:30 pm:** Join in the fun in this low-impact, easy to follow, Latin-inspired dance fitness class! Fee is \$5 (\$3 with BSAC).

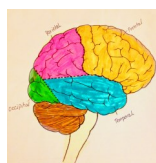
**Chair Fitness with Kaye—2:30-3:30 pm:** Join us for this light aerobic movement and gentle strength training on a chair. \$2 per session (free with BSAC).

**REMEMBER TO SCAN YOUR BSAC  
CARD BEFORE EACH ACTIVITY!**

## Health & Information

**Memory Class—Every 1st & 3rd Wednesday, 9:30-10:30 am:** Kimberly Mitchell of "Tutor Doctor" presents innovative ways to help reduce the onslaught of age-related cognitive delay. Learn about the "Memory Toolbox" to help retain names, words, lists and numbers. You may attend any ongoing session. Sponsored by **Burbank Senior Apartments**. Cost is \$5 per session (free with BSAC). +

**Healthy Living: Cholesterol—Wednesday, March 4, 12:30 pm:** Dr. Tri D. Dao, Family Practice, discusses what you need to do to maintain a good cholesterol level, plus an open forum on the subject. Sponsored by Providence St. Joseph's Medical Center.



**Women's Health Series—"Brain Wear and Tear": Wednesday, March 11, 2:00 pm—**Dr. Michael Marvi discusses brain aging and cognitive health. Dr. Marvi is a neurologist practicing at the Neuroscience Institute at Providence St. Joseph's

Medical Center in Burbank. He diagnoses and treats neurological disorders resulting from abnormalities in the brain, spinal cord, and other nerves. Admission is \$2 (free with BSAC). RSVP required. ☒

**Parkinson's Support Group—Every 2nd Wednesday of the month at 12:30 pm Topics:** March 14: "Dance Exercise" with speaker Dennis Cante; and April 8—Dr. Megan Gomez, Neuropsychologist.

**What is Assisted Living?—Wednesday, March 18, 12:30 pm:** The concept of "Assisted Living" only started about 35 years ago and has been blossoming ever since. Learn what "Assisted Living" offers today from representatives and



residents of Vintage Senior Living and Belmont Village. Admission is \$2 (free with BSAC). RSVP required. ☒

**Free Advanced Directive Assistance — Thursday, April 16, 11:00-2:00 pm:** Make your future healthcare decisions known to family, friends and healthcare providers. We will provide educational information, access to healthcare professionals who can answer your questions, and assist you in completing your advanced directives for healthcare. Free materials, and raffle prizes for those who complete their advanced directive. Presented by **Valley's Best Hospice, Inc.**



+ = Additional fee

**Joslyn Special Events & Programs**☑ = Sign Up/RSVP  
Required**Health & Information, continued**

**Posture Principals: Ten Tips for Preventing Back Pain**—Wednesday, April 29, 1:00 pm: Presented by Dr. Charlene Thorburn, Chiropractic. Admission is \$2 (free with BSAC). ☑

**Healthy Living: Macular Degeneration** — Wednesday, May 6, 12:30 pm: Presented by Dr. Barbara Yates, Ophthalmologist and sponsored by Providence St. Joseph's Medical Center. Admission is \$2 (free with BSAC). ☑

**Braille Institute Low-Vision Rehabilitation:** Is your vision failing? Monthly consultations are available for those 55+ at the Joslyn Center to assist partially-sighted individuals in the selection of magnifiers and other devices used to improve reading and other visual tasks. ☑

**Hearing Screening & California Telephone Access Program:** 4th Wednesday of every month, 9:00-11:00 am—An audiologist will examine your ears, check your hearing, and, if you have hearing loss, issue a form for a free amplified phone from the California Telephone Access Program (CTAP). A variety of hearing and vision-impaired telephones will also be displayed to examine and try out. ☑

**Interest List**

If interested, please contact the **Recreation Office** during regular business hours. ☑

**Digital Camera Class**—(Date TBA): Five-week course is \$10/\$5 with BSAC. ☑+

**Basic Bridge I** (Date TBA): Cost is \$20/\$10 with BSAC for 16-week course (limited enrollment). ☑+

**New Support Groups:** The following are proposed weekly support groups facilitated by RSVP Volunteer **Myrna Gordon**, to be held Wednesdays, 1:30 pm—start dates TBA. (5 needed to start group) ☑

- ♥ **Empty Nest (no more!)**: Issues with sharing a home with an adult son or daughter still living at home or who has returned home.
- ♥ **Facing Retirement:** Adjusting to your new retired life.

**Thursday Book Group** meets every 2nd Thursday at 10:00 am and is looking for a few good readers! March reading is "Plainsong" by Kent Haruf.

**Mah Jongg Class**—Sign up for this 8-week class in May (date TBD). Course fee is \$20 (\$10 with BSAC).

**Music/Dance Programs**

**Beginners Ukulele Class**—Every Wednesday at 2:00 pm (except for 4th Wednesday, when the class will join the "Joslyn Jam" at 3:00 pm). Instructed by RSVP volunteer **Susanna Sandke**. Session fee is \$2 (free with BSAC).

**Larry Gillespie and the Burbank Big Band**—The band rehearses here every 2nd Monday of the month from 1:00-3:00 pm: Come listen and/or dance to 2 hours of live Big Band and Jazz numbers. Admission is \$2 (free with BSAC).

**Joslyn Piano Lounge with Terry**—Every 2nd Monday of the month, 10:00-11:15 am: Join us as **Terry Lupton** entertains us with songs from the American song book. \$2 (free with BSAC).

**Opera Group Presentations**—Meets every 4th Tuesday of the month at 2:30 pm: Tuesday, March 24, **Larry Verdugo** discusses "Madness" and on April 28, **Bob Emirhanian** discusses the "Barber of Seville."

**Learn & Line Dance** — Tuesdays, 6:15-7:45 pm: Slow to moderately paced line dances for fun and fitness. This class requires little or no previous dance experience. Admission is \$5 (\$3 with BSAC).

**Special Programs**

**Adventures with Doug presents:**

**Adventure to Havasupai—**

**Monday, March 23, 1:00 pm:**

Havasupai refers to "people of the blue green water," who have dwelt in north-central **Arizona** (including the Grand Canyon) for over 1,000 years. Join us for a fun photo slide show where we trek

down magnificent Havasu Canyon (a large tributary on the south side of the Colorado River) to Supai Village, then on to some of the most beautiful waterfalls in the world. Admission is \$2 (free with BSAC). ☑

+ = Additional fee

## Joslyn Special Events & Programs

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**Bridge/Card Party Luncheon**—Saturday, April 18, 10:00 am-3:00 pm: Burbank University Women's group is holding a special luncheon at the Joslyn Center featuring bridge and other games, prizes, and an opportunity drawing. Admission is \$25. If interested in attending, please call Nancy at 818.842.3060 by April 8. ☑+



**Mothers' Day Tea**—Saturday, May 2, 11:00-2:30 pm: hosted by the Valley Porcelain Artists. Reservations only. Tickets go on sale for \$22 (\$20 with BSAC card) at the Joslyn Recreation Office starting March 27. ☑+

### Travel

**Upcoming Day Trips:** Call the Joslyn Travel Office 818.238.5353 for more information (see page 4 for office hours). **Online registration** for Joslyn day trips is available at [www.burbankparks.com](http://www.burbankparks.com). ☑+

- ◆ **Descano Gardens + Lunch:** Tuesday, March 17, 10:30 am-5:00 pm—\$49
- ◆ **USO Variety Show & Lunch (Palm Springs):** Thursday, March 26, 7:30 am-7:00 pm—\$140
- ◆ **California Science Center & Imax:** Tuesday, March 31, 9:30 am-5:30 pm—\$34

**Spring Day Trip Registration** for April, May, and June 2015 Trips begins on **Monday, March 9**. Note: numbers will be given out beginning at 8:00 a.m. Trips leave from the Joslyn Adult Center. For more information, pick up a brochure or contact the Joslyn Travel Office. ☑+

**AARP Driver Safety Class**—Wednesday, March 18, 12:30 pm: Sign up for this REFRESHER Course. Class fee is \$20 for NON-AARP members and \$15 for AARP members. (Note: extra \$2 fee if you do not have a BSAC card). Students will receive their certificate at the end of the class to submit to their insurance company. For information, contact the Joslyn Recreation/Travel Office. ☑+

### Computer/Technology Classes

(A Burbank Library card with internet access is required to use our Cyber Café computers)



**Call 818.238.5353 for information or to sign up for next start date.**

**Basic Computer Class:** Sign up for the next available class (Tuesdays at 9:30 am)— Learn the basics in this 4-week class. To sign up, you must complete an Assessment in the Computer Lab on any **Monday, 9:30-11:00 am** Course fee is \$20 (\$10 with BSAC). ☑+

**Learn to Buy on E-Bay:** Saturday, March 28, 10:00 am—A 1½-hour presentation on E-Bay. To sign up, you must be computer literate and complete an Assessment in the Computer Lab on any **Monday, 9:30-11:00 am**. Class fee is \$5 (\$2 with BSAC) for 2 weekly sessions. Enrollment is limited. ☑+

**Microsoft Word:** Thursdays, April 7, 9:30 am—Learn the basics of MS Word in this 4-week class. To sign up, you must complete an Assessment in the Computer Lab on any **Thursday, 9:30-11:00 am** Class fee is \$20 (\$10 with BSAC). ☑+

**One-on-One Computer Training:** Tuesdays & Thursdays, 12:30 - 2:30 pm—Session fee is \$5 (\$2 with current BSAC card). ☑+



**Gadget Workshop:** Got a new gadget (phone, Ipad, digital camera, etc.) you need help operating or programming? Call for an appointment. Fee is \$5 (\$2 with BSAC) for an hour appointment. ☑+

### Tuttle Adult Center

1731 Ontario, 818.238.5367

### Spring Breakfast Saturday, March 21, 9:15 am



Enjoy a breakfast of French toast, scrambled eggs, breakfast patty, orange juice and coffee. Reserve your spot for \$3 (those 60+) or \$4 (all others) at any of the Senior Nutrition Sites (Joslyn, McCambridge or Tuttle). **Entertainment** provided by **Terry Lupton, 9:30-11:00 am**, followed by **Bingo and Texas Hold-em** from **11:00 am-12:00 noon** for an additional dollar. ☑+



### BSAC SCANNERS OF THE MONTH

Current scanners selected to receive  
2 AMC tickets or a handmade scarf :

#### January

Teresa Morgan  
Larry Tabor

#### February

Kathy Siltamaki  
Arthur Lopez

See the Joslyn front Info Desk to redeem your prize!

## DID YOU KNOW?



### PARTY BRIDGE AT JOSLYN

Joslyn Center has two groups that welcome party bridge players. The **Auld Lang Syne** group meets every **Wednesday** and the **Friday Bridge Group**,

yes, as named, meets every **Friday**, both from **11:00 am until 2:50 pm**, with meetings starting at 11:30 am. Players of all levels are welcome (we'll even help you refresh, if needed). For those who play rubber bridge or duplicate, there is a Thursday group for those that meets on **Thursdays**. In **party bridge**, you start out with a partner; then the winning team on that table moves on and splits up, so you get to play with many different players through four rounds of approximately forty-five minutes each. For more information, see Joslyn's Card Group flier.

To become a member of either group, you play as a guest for 3 sessions and then are voted in. The cost for a guest with a BSAC card is \$2; for a member it is only \$1. Coffee and tea are available with a snack served every day, all for the annual membership of \$10 for **Auld Lang Syne** and \$7 for the **Friday club**. As stated, both clubs have players of all abilities and the more experienced are always available to give pointers when asked. The Auld Lang Syne president is Judith Miller: 818.841.4192. Jimmie Ruth Bornstein is the Friday Club president: 818.625.9983.



### **The Burbank Senior Activity Card (BSAC) for 2015**

The cost is still **\$15 for Burbank residents** and **\$20 for non-residents** and includes discounts and benefits outlined in our BSAC Discount Directory.

**Note:** Individuals who do not wish to purchase a "BSAC card" will be enrolled and receive an "Activity Card" instead. These cards are free, however, you will be required to pay full price of each program or class.

Our E-Trak Plus system requires all participants to be entered in our system. For information, please see a staff member at the Joslyn Information Desk or Tuttle Center.

### Attention - Paid 2015 BSAC cardholders:

**Got your 2015 BSAC Discount Directory?**  
**If not, see the front Info Desk.**

### MEN'S GROUP 9-BALL TOURNAMENT RESULTS

**FEBRUARY 20, 2015**

- 1st Place — Salvador Pizarro
- 2nd Place — Pete Volpe
- 3rd Place — Garvin Garrison



### "Intertwined"

This beautiful king-sized, hand-made quilt could be yours! Tickets are available from the **Joslyn Saturday Morning Quilters** or the **Joslyn Recreation Office** (\$1 each or \$5 for 6). Drawing will take place on **May 4**. Winner need not be present. See flier for more details. Donations benefit the Joslyn Adult Center. Please call Jan at 818.846.5426 for more information.



### Joslyn Lost and Found



Lost an item? Ask our friendly front office volunteers if someone turned it in! Car keys, cell phone, photographs, jackets, water bottles and more!! The Joslyn front desk collects these turned in items-yet there is no way for us to return them to the rightful owners-unless you come and report an item missing. Lost and Found items will be displayed on a table in the lobby area the **last week of each month**. Items not picked up by their rightful owner will be donated to a charity.



555 N. Third St. Burbank

818.558.7000

### **Colony Theatre Benefit for 2015 Cardholders!**

Call the above phone number **2 weeks prior** to performance date to request two free tickets to selected preview performances below (seating on a limited basis).

**Words by Ira Gershwin: April 15, 16, & 17, 8:00 pm and Sunday, April 19, 2:00 pm —LA premier! Meet the man behind the lyrics you love.**



## Senior Health and Wellness Program



### Are you looking to give back to your community and make a difference in the lives of others? Become a Senior Health and Wellness Coach!

The City of Burbank, in collaboration with Jewish Family Service of Los Angeles (JFSLA), is seeking individuals ages 55 and over to volunteer offering peer companion services to older adults in the community.

As a Senior Health and Wellness Coach you will enhance the lives of seniors by:

- Spending quality time doing activities you both enjoy
- Accompanying seniors on shopping trips, doctor's appointments, or on social outings
- Monitoring their well-being, identifying changing needs, and easing access to community resources

Senior Health and Wellness Coaches will benefit from:

- Professional training to develop valuable skill sets
- Creating a more meaningful retirement

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### Are you an older adult in need of support and companionship? Join our Senior Health and Wellness Program!

We understand that it's hard to ask for support sometimes, but at some point everyone needs a little help. The City of Burbank, in collaboration with Jewish Family Service of Los Angeles (JFSLA), offers a free senior companion program that brings Senior Health and Wellness Coaches into the lives and homes of older adults, ages 65 and older. Get the support you need from a caring and compassionate peer who understands and can relate to you.

A Senior Health and Wellness Coach will enhance your life by:

- Spending quality time with you doing activities you both enjoy
- Accompanying you on shopping trips, doctor's appointments, or on social outings
- Connecting you to community resources and assist you in navigating health care systems
- Helping you stay living independently

FOR MORE INFORMATION, PLEASE CALL:

City of Burbank  
Dee Call (818) 238-5371  
dcall@burbankca.gov

